

Parkinson Disease and Exercise

Saturday, March 5, 2016

8:00am – 4:30pm

**Do you work with people with Parkinson disease?
Do you want to provide exercise programs that meet their needs?**

Join physiotherapists, Lisa Robert and Darla Larsen, for a full day's session where you will:

- increase your understanding of Parkinson disease (PD)
- learn about the importance of exercise in PD
- learn a research based approach to developing group exercise programs
- have an opportunity to work directly with people with Parkinson's
- leave with skills to develop & modify your exercise program to meet the needs of those with Parkinson's
- discuss potential partnership and promotional opportunities with Parkinson Alberta for program delivery

Who should attend?

Any fitness professional or health care provider interested in offering current research based exercise programming for people with Parkinson's. *Note:* This training is approved for AFLCA Continuing Education Credits.

Location:

Parkinson Alberta: 11209 – 86 Street, Edmonton, AB T5B 3H7 (Buchanan Centre)

Cost:

\$175 per person. Group discounts: \$160 per person for 2 or more from same facility
Lunch included.

Minimum of 20 registrants needed. Must register before March 1, 2016

For further information or to register, contact:

Susan Skaret at Parkinson Alberta

780-425-6400

sskaret@parkinsonalberta.ca

